

Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

June 2010

(714) 895-2878



Please join us for a special celebration of

Flag Day 2010

Ceremony begins at

12:00 Noon

Monday, June 14, 2010

Westminster Civic Center

and

Independence Day Party

Senior Center East/West Room

Thursday, July 1st 2010

Party starts at 11:00 a.m.

Mayor Margie L. Rice · Mayor Pro Tem Frank G. Fry

Council Member Tyler Diep · Council Member Andy Quach · Council Member Tri Ta

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR

(714) 548-3183

Frank G. Fry

MAYOR PRO TEM

(714) 548-3179

Tyler Diep

COUNCIL MEMBER

(714) 548-3181

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Donald D. Lamm

CITY MANAGER

(714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR

(714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR

(714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor	(714) 897-6252
Commissioner-Nora Barajas	(714) 893-3708
Commissioner-Phillip Hodgetts	(714) 847-4165
Commissioner-Jerry Meade	(714) 893-2865
Commissioner-Vince Petronzio	(714) 897-6261
Commissioner-Ginger Waugh-Borden	(714) 897-4644
Alternate-Erwin Vysma	(714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff

(714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,

The Senior Center Spotlight,

is now available on the City Website:

www.ci.westminster.ca.us,

Departments, Community Services, Senior Services.

Emergency & Business

Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Health Talk: “Caregiver Tips”

Wednesday, June 2nd

11:00-11:30 a.m.

Dining Room

Presented by Jane Hannah , R.N., P.H.N.

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency.

Topics to include:

- ♦ Helping you help family and friends with chronic illnesses
- ♦ Assistance, answers, & new ideas

Diabetes Education & Support Group
“Carb Counting and Label Reading”

Wednesday, June 16th

12:30 p.m.-2:00 p.m. in Room A

Topics:

- ♦ If your meal plan is based on carbohydrate counting, food labels become an essential tool for meal planning.

Presentation given by: Jane Hannah RN, PHN

Sponsored by: Adult Public Health Nursing Services, and the Orange County Health Care Agency.

★ Information on Medi-Cal will be discussed.



MONDAY, JULY 5TH

CLOSED for INDEPENDENCE DAY

Senior Center Programs

FREE

6-week Self-Management Workshop “Living Well with an Ongoing Condition”

If you are over 60 years old and have any chronic condition, for example, heart disease, high blood pressure, arthritis and/or cancer, and would like to learn about dealing with stress, anger, depression, pain, medication management, problem solving or talking with your doctor, please join us.

Dates: 6 Mondays

**July 12th, 19th & 26th,
and August 2nd, 9th & 16th**

Time: 9:00 a.m.-12:00 noon

Place: Westminster Senior Center



Facilitated by: Jane Hannah, M.S.H.S., B.S.N.,
R.N.B.C., P.H.N., & C.H.E.S.

Sponsored by: Adult Public Health Nursing Services,
and The Orange County Health Care Agency

Please Sign-Up at the Front Desk

From the Director's Chair

It's beginning to feel like Summertime! Enjoy your time with family and friends during the summer months. We can enjoy the summer evenings by attending the concerts in the Sunken Gardens. The first concert is scheduled for **Thursday, July 8th**. The entertainment will be the **Doo Wah Riders**, a country band. The concerts will begin at **6:00 pm**.

Manicures and Haircuts will be available on **Tuesday, June 8th** starting at **10:00 a.m.** Asian American Beauty School provides this wonderful service to our seniors.

Happy Father's Day to all the wonderful dads. The Senior Center will celebrate on **Thursday, June 17th**. Our event starts at **11:00 a.m.** with entertainment by **Michael Chamberlain** also known as the “**Singing TV Guy**.” He will be singing and playing the guitar. Please make reservations at the Front Desk.



Christmas in July : This annual program, started by Mayor Margie Rice, gives a chance for the elderly homebound senior to receive a gift from anyone who would like to participate. The Christmas tree will be in City Hall in mid-June through part of July with homebound seniors' names and their gift wishes. **This year we are also putting a Christmas tree in the Senior Center Lobby** with names on the tree to make it more convenient for people at the Senior Center to participate in the program. All the seniors live in Westminster and are participants of our Home Delivered Meals Program. The drivers of the Home Delivered Meals Program will deliver the gifts.

June birthdays will be celebrated **Thursday, June 24th** in the Dining Room. **Jordan McBeen** will entertain us on piano. The program will start at **11:00 a.m.** Please sign up at the back desk for the Birthday Luncheon.

Project S.H.U.E. has closed for the summer. A special thanks to the teachers and volunteers who assisted the children with their homework and provided a caring environment for the students.

CLAIRE



SIGN-UP NOW FOR OUR FATHER'S DAY PARTY

Thursday, June 17th

Entertainment: “The Singing TV Guy”

11:00 A.M.

DINING ROOM

Donation: \$3.00 per person

MAKE YOUR RESERVATIONS AT THE FRONT DESK



Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.

-After three "no shows" you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays
Thanks to our June 2010 Callers:

6/2-Earl Northcott	6/18-Rich Sowiak
6/4-Sue Wolff	(9:30-11:15)
(9:30-11:15)	6/21-Bob Munn
6/7-Mary Pagano	6/23-Dollie DeRobbio
6/9-Dollie DeRobbio	6/25-Dorothy Siebert
6/11-Dorothy Siebert	(9:30-11:15)
(9:30-11:15)	6/28-Kim Ward
6/14-Kim Ward	6/30-Mary Pagano
6/16-Earl Northcott	



"Fatherhood is pretending
the present you love most
is soap-on-a-rope."

-Bill Cosby



Talk in Dining Room
on Wednesday, June 2nd
at 10:00 a.m.

**Elder Law Attorney Debora Groh
will speak on the subjects of I.D.
Theft and how to protect yourself
against Scams.**



DAY TRIPS

Trader Joe's (on WOW Van)

Friday, June 18th 2010

Sign up now as seating is limited. No charge.

Depart: 9:30 a.m.

Return: 11:30 a.m.

San Manuel Indian Casino

Tuesday, June 29th, 2010

All NEW \$350 Million Dollar Casino! 2000 State-of-the-Art Slot Machines! 99 Poker & Blackjack! \$10 back in Slot Play OR Food.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Pageant of the Masters

Wednesday, July 14th, 2010

This year's theme is "Eat, Drink and Be Merry", highlighting the timeless masterpieces that have captured and enhanced the exhilaration of good times and, even more remarkable, buoyed spirits when times were hard. Price includes show & transportation. *Note: Includes walking and stair climbing.*

Depart: 5:00 p.m.

Return: 11:30 p.m.

Cost: \$55.00

Sycuan Indian Casino

Wednesday, July 28th, 2010

\$20 CASH back upon arrival!

Another True "Las Vegas" Style Casino! Enjoy a fun-filled day gaming at the beautiful "Sycuan Resort & Casino!"

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$32.00

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen.

★ Upon sign-up must choose: 1) Meatloaf, 2) Angel Hair Pasta, or 3) Club Sandwich.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$64.00



Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Del Mar Horseraces/with Lunch

Thursday, September 2nd, 2010

Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse, Deluxe Motorcoach.

Upon sign up, must choose: 1) Top Sirloin, 2) Forest

★ Mushroom Chicken, or 3) Beer-Battered Fried Shrimp.

Depart: 10:00 a.m.

Return: 7:00

p.m.

Cost: \$59.00

(approximately)

Winemaker For a Day/(with Italian Lunch)

Wednesday October 6th, 2010

Package includes: Wine tasting at Thomas Winery (est. 1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga with resident historian.

Depart: 10:00 a.m.

Return: 4:00 p.m.

Cost: \$72.00

Palm Springs Follies

Wednesday, December 1st, 2010

Sign up now as this favorite is always a smash hit!

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$69.00

OVERNIGHT TRIPS

Laughlin-Riverside Hotel & Casino

June 13th-15th, 2010

SOLD OUT-Waiting List Only

Laughlin Luau-Riverside Hotel & Casino

September 14th-16th, 2010

\$89 p/p Double Occupancy

(Tuesday-Thursday)

\$109 Single Occupancy

3 days/2 nights.

Includes FREE buffet, (1 choice + 2 breakfasts), **Plus LUAU DINNER**, & "Laughlin Funbook." Baggage Handling & Driver's Tip included.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Laughlin Christmas-Riverside Hotel & Casino

December 5th-7th, 2010

\$89 p/p Double Occupancy

(Sunday-Tuesday)

\$109 Single Occupancy

3 days/2 nights.

Includes **Christmas Dinner Party at the Hotel**, plus two FREE Buffets, "Laughlin Funbook", Boat Cruise & much more! Baggage Handling & Driver's Tip included

Depart: 8:00 a.m.

Return: 6:00 p.m.

*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

****Adult Fitness (Chair Exercises)**

A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.

Day	Time	Instructor
Monday	10:00 a.m.-12:05 p.m.	M. Masters
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters

****Beginning (Chair) Fitness**

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters

****Balance & Mobility**

A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor's clearance, medical history and balance evaluation before enrollment.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.-9:45 a.m.	M. Masters

Bridge

Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group

Bunco

Day	Time	Instructor
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono

Beginning & Intermediate Computer Classes

PLEASE NOTE: Applicants start by filling out forms at the Front Desk. Instructors will contact potential students with the new schedules.

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse
Tuesday	12:30 p.m.-3:00 p.m.	B. Ault

Beginning Computer Class

Day	Time	Instructor
Tuesday	9:00 a.m.-11:30 a.m.	A. Spisak
Wednesday	2:00 p.m.-4:30 p.m.	D. Davis

Creative Crafts

Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth

***Dance Aerobics**

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena
Thursday	9:00 a.m.-10:30 a.m.-Level 2	J. Camarena
Thursday	10:30 a.m.-12:00 noon-Level 3	J. Camarena
Thursday	3:00 p.m.-4:30 p.m.-Level 2/3	J. Camarena

Dominos (Mexican Train)

Day	Time	Instructor
1st & 3rd Wed.	12:30p.m.-3:00 p.m.	Group

Longevity Stick

Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.

Day	Time	Instructor
Monday	9:00 a.m.-10:00 a.m.	D. Allison
Thursday	9:00 a.m.-10:00 a.m.	M.Bac
Dau		

***Low Impact Aerobics 1**

Day	Time	Instructor
Monday	1:00 p.m.-2:15 p.m.	N. Jaeger

***Low Impact Aerobics 2**

Day	Time	Instructor
Tuesday	10:45 a.m.-11:45 a.m.	J. Camarena

Mah Jongg

Day	Time	Instructor
Monday	10:00 a.m.-12:00 noon	Group

*** Stretch and Flex**

Day	Time	Instructor
Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena

Sudoku

Day	Time	Instructor
Friday	10:30 a.m.-12:00 noon	M. Epstein

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.-10:30 a.m.	L. Mo

Yarn Spinners

Day	Time	Instructor
Mon./ Wed./Fri.	9:00 a.m.-12:00 noon	G. Borden

Please bring your i.d. with you when you attend the Senior Center.

Please Note: ALL Huntington Beach Adult School classes are now **Fee-Based**.

**Huntington Beach Adult School
(for further info. call (714) 901-8106 ext.4405)*

****Coastline Community College Classes are offered at no cost. Pre-registration is advised.
(for further info., call (714) 241-6184)**

- ♦ Summer Session for Coastline College starts June 21st and ends July 15th.
- ♦ Huntington Beach Adult School ends July 8th.
- ♦ "Short Summer Special" Classes last 4 weeks-July 6th through August 5th.
- ♦ Huntington Beach Fall Classes begin September 1st.

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. June Commodities will be on **Wednesday, June 9th**. If you live in Westminster and qualify as low income, please come between **8:00 a.m.-11:00 a.m.** Bring **proper identification & plastic bag**.

Driver Safety (formerly 55 Alive) - Classes are every other month on a **Thursday** and a **Friday** from **8:30 a.m.to 12:30 p.m.** The next class takes place on **June 17th & 18th**. **NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**

Westminster Community Services & Recreation Department

2010 Concerts in the Park

Thursday Evenings, 6:00 p.m.-7:30 p.m.

Civic Center Sunken Gardens

July 8th	"Doo Wah Riders" Country
July 15th	"Stardust Sounds" Big Band
July 22nd	"Old School Westminster All Stars " Rock & Blues
July 29th	"Rosewood" Acoustic Harmonies
August 5th	"Mama Hagglin" Rock & Roll
August 12th	"Gospel Night" Community Group Choir
August 19th	"Nicholson Pipes & Drums" Bagpipe Band & Celtic Sky Dancers
August 26th	"The Music Factor" Jazz/Funk

Sponsored by Target Store of Westminster & the Westminster City Council
Non-profit groups will sell refreshments each week.

All Concerts are Free!

Dinner Group

Spire's Restaurant

(Beach Blvd. at Garden Grove Blvd)

Wednesday,

June 16th, 2010 at 4:30 p.m.

** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

June 4th

"Brokedown Palace"

Claire Danes, Kate Bekinsale

Best friends travel to Thailand to celebrate their high school graduation. But, after meeting a charming con-artist, they are busted at the Hong Kong airport for smuggling drugs they didn't know they were carrying.

Runtime: 1 hours, 40 minutes

Rated PG (1999); Drama

June 11th

"Amelia"

Hillary Swank, Richard Gere

Pilot Amelia Earhart is chosen to be the first female pilot to attempt the daring non-stop flight across the Atlantic Ocean.

Runtime: 2 hours

Rated PG (2009); Drama

June 18th

"Singin' in the Rain"

Gene Kelly, Debbie Reynolds

When Hollywood attempts the transition from silent films to talkies, a matinee idol hopes to make the cut. But he's hampered by a silent-movie queen with a voice like fingernails on a chalkboard.

Runtime: 1 hour, 42 minutes

Rated G (1952); Classic

June 25th

"Marley & Me"

Jennifer Aniston, Owen Wilson

A newly married couple who, in the process of starting a family, learn many of life's important lessons from their trouble-loving retriever, Marley

Runtime: 1 hour, 50 minutes

Rated PG (2008); Comedy